



TRANSFORMATIONS ANGER MANAGEMENT PROGRAM



A Skills-Based, Non-Denominational Anger Management Program For Adults

Next Session begins:

**Wednesday September 23, 2009
to December 2, 2009
6:00 - 8:30PM**

**2255 Carling Avenue, Suite 300
(north west corner of Carling and Woodroffe)**

**Please call Reina McSheffrey, M.Ed. CCC.
613-722-2225 Ext. 407
(registration is limited)**

*This 10 week program will provide you with the tools and
techniques to deal with anger in a positive way.
(each session is 2.5 hours)*

**Registration is essential
There is a pre-screening interview**

Cost of the program is \$400.00 + \$35.00 screening fee.
Please note that most health care benefit and insurance companies will cover this group.

